Zambrero

NUTRITIONAL INFORMATION

ZAMBRERO NUTRITIONAL INFORMATION

CLASSIC BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	676kJ (162kcal)	3230kJ (772kcal)	651kJ (156kcal)	3110kJ (743kcal)	650kJ (156kcal)	3100kJ (742kcal)	670kJ (160kcal)	3200kJ (765kcal)	685kJ (164kcal)	3270kJ (782kcal)	649kJ (155kcal)	3090kJ (741kcal)	673kJ (161kcal)	3580kJ (856kcal)
Protein	7.7g	36.6g	7.3g	34.9g	6.7g	31.9g	7.1g	34g	6.7g	31.8g	4.8g	23.1g	4.3g	22.7g
Fat, total	6.4g	30.3g	6.1g	29g	6g	28.5g	6.5g	30.8g	7.3g	34.6g	6.5g	30.8g	6.8g	36.1g
saturated	3.2g	15.5g	2.9g	14g	2.9g	13.9g	3.3g	15.8g	3.5g	16.9g	3.5g	16.5g	2.9g	15.6g
Carbohydrate	18.1g	86.6g	17.6g	84.1g	18g	86g	18.1g	86.4g	17.7g	84.4g	19.1g	91.3g	20.3g	108g
sugar	2.8g	13.2g	2g	9.4g	2.7g	13g	2.1g	10.2g	1.9g	9.1g	1.9g	9.3g	1.7g	9.2g
Sodium	375mg	1788mg	373mg	1780mg	356mg	1698mg	303mg	1448mg	356mg	1700mg	341mg	1627mg	308mg	1636mg

CLASSIC BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	528kJ (126kcal)	2040kJ (488kcal)	497kJ (119kcal)	1920kJ (459kcal)	496kJ (119kcal)	1910kJ (458kcal)	521kJ (125kcal)	2010kJ (481kcal)	541kJ (129kcal)	2090kJ (500kcal)	494kJ (118kcal)	1910kJ (457kcal)	542kJ (130kcal)	2390kJ (572kcal)
Protein	7.5g	29.1g	7.1g	27.4g	6.3g	24.4g	6.9g	26.5g	6.3g	24.4g	4g	15.6g	3.5g	15.2g
Fat, total	5.6g	21.8g	5.3g	20.5g	5.2g	20g	5.8g	22.3g	6.8g	26.1g	5.8g	22.3g	6.3g	27.6g
saturated	2.9g	11.2g	2.5g	9.7g	2.5g	9.6g	3g	11.5g	3.3g	12.6g	3.2g	12.2g	2.6g	11.3g
Carbohydrate	11.1g	42.9g	10.5g	40.4g	11g	42.3g	11.1g	42.7g	10.6g	41g	12.3g	47.6g	14.6g	64.2g
sugar	2.7g	10.5g	1.7g	6.7g	2.7g	10.3g	1.9g	7.5g	1.7g	6.4g	1.7g	6.6g	1.5g	6.5g
Sodium	324mg	1253mg	322mg	1245mg	301mg	1163mg	236mg	913mg	307mg	1185mg	283mg	1092mg	250mg	1101mg

CLASSIC SMALL BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	723kJ (173kcal)	2170kJ (519kcal)	707kJ (169kcal)	2120kJ (508kcal)	702kJ (168kcal)	2110kJ (504kcal)	718kJ (172kcal)	2150kJ (516kcal)	733kJ (175kcal)	2200kJ (526kcal)	705kJ (169kcal)	2110kJ (506kcal)	709kJ (170kcal)	2590kJ (619kcal)
Protein	7.9g	23.8g	7.7g	23g	7.1g	21.4g	7.5g	22.5g	6.9g	20.8g	5.5g	16.5g	4.9g	18.0g
Fat, total	7.3g	21.8g	7.1g	21.2g	7.0g	20.9g	7.3g	22.0g	8g	24g	7.4g	22.2g	8.1g	29.6g
saturated	3.6g	10.8g	3.4g	10.1g	3.3g	10.0g	3.7g	11.0g	4.2g	12.6g	4.1g	12.4g	3.3g	11.9g
Carbohydrate	18.4g	55.3g	18.2g	54.5g	18.3g	55.0g	18.4g	55.2g	18g	54.9g	19.5g	58.4g	18.6g	67.8g
sugar	3.0g	8.9g	2.3g	7g	2.9g	8.8g	2.5g	7.4g	2.2g	6.6g	2.3g	6.8g	2.0g	7.4g
Sodium	379mg	1137mg	380mg	1139mg	364mg	1092mg	322mg	967mg	371mg	1114mg	359mg	1078mg	318mg	1159mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 12th January 2026

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ZAMBRERO NUTRITIONAL INFORMATION

CLASSIC SMALL BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	568kJ (136kcal)	1310kJ (312kcal)	529kJ (127kcal)	1240kJ (297kcal)	541kJ (129kcal)	1250kJ (299kcal)	561kJ (134kcal)	1300kJ (310kcal)	576kJ (138kcal)	1330kJ (319kcal)	539kJ (129kcal)	1250kJ (298kcal)	584kJ (140kcal)	1730kJ (414kcal)
Protein	7.7g	17.7g	7.4g	17.5g	6.8g	15.4g	7.1g	16.4g	6.6g	15.3g	4.8g	11g	4.1g	12g
Fat, total	6.9g	15.9g	6.4g	15.1g	6.5g	15g	7g	16.2g	7.8g	18.1g	7g	16.2g	8g	23.8g
saturated	3.8g	8.8g	3g	7g	3.5g	8g	3.9g	8.9g	4.1g	9.5g	4g	9.3g	3.3g	9.9g
Carbohydrate	10.6g	24.4g	9.5g	22.4g	10.4g	24.1g	10.5g	24.3g	10.1g	23.3g	11.6g	26.7g	12.5g	36.9g
sugar	2.6g	6g	1.9g	4.4g	2.6g	5.9g	2.0g	4.5g	1.7g	4g	1.8g	4.1g	1.5g	4.5g
Sodium	328mg	758mg	312mg	733mg	309mg	713mg	255mg	588mg	309mg	714mg	293mg	678mg	264mg	780mg

CLASSIC BIG BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	684kJ (164kcal)	4520kJ (1080kcal)	645kJ (154kcal)	4260kJ (1020kcal)	646kJ (155kcal)	4270kJ (1020kcal)	675kJ (162kcal)	4460kJ (1070kcal)	696kJ (167kcal)	4600kJ (1110kcal)	645kJ (154kcal)	4260kJ (1020kcal)
Protein	8.8g	58.2g	6.8g	45.2g	7.4g	48.8g	8.0g	53g	7.4g	48.6g	4.7g	31.2g
Fat, total	6.1g	40.1g	5.6g	37.3g	5.5g	36.5g	6.2g	41.1g	7.4g	48.7g	6.2g	41.1g
saturated	2.9g	19.1g	2.4g	15.7g	2.4g	15.9g	3g	19.7g	3.3g	21.9g	3.2g	21.1g
Carbohydrate	18.1g	120g	18.7g	124g	17.9g	119g	18.1g	119g	17.5g	115g	19.5g	129g
sugar	2.9g	18.9g	1.8g	11.7g	2.8g	18.5g	2.0g	12.9g	1.6g	10.7g	1.7g	11.1g
Sodium	400mg	2644mg	343mg	2264mg	373mg	2464mg	297mg	1964mg	373mg	2468mg	351mg	2322mg

CLASSIC BIG BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	580kJ (139kcal)	3280kJ (786kcal)	538kJ (129kcal)	3040kJ (728kcal)	536kJ (128kcal)	3030kJ (726kcal)	570kJ (136kcal)	3230kJ (772kcal)	594kJ (142kcal)	3360kJ (805kcal)	534kJ (128kcal)	3020kJ (723kcal)
Protein	8.9g	50.4g	8.3g	47g	7.2g	41g	8g	45.2g	7.2g	40.8g	4.1g	23.4g
Fat, total	5.5g	31.2g	5g	28.6g	4.9g	27.6g	5.7g	32.2g	7g	39.8g	5.7g	32.2g
saturated	2.6g	14.7g	2.1g	11.7g	2g	11.5g	2.7g	15.3g	3.1g	17.5g	2.9g	16.7g
Carbohydrate	13.1g	74.2g	12.2g	69.2g	12.9g	73g	13g	73.8g	12.3g	69.8g	14.8g	83.6g
sugar	2.8g	16.1g	1.5g	8.5g	2.8g	15.7g	1.8g	10.1g	1.4g	7.9g	1.5g	8.3g
Sodium	369mg	2086mg	366mg	2070mg	337mg	1906mg	248mg	1406mg	337mg	1910mg	312mg	1764mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 12th January 2026

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ZAMBRERO NUTRITIONAL INFORMATION

NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	955kJ (228kcal)	3460kJ (827kcal)	912kJ (218kcal)	3280kJ (785kcal)	919kJ (217kcal)	3310kJ (791kcal)	945kJ (226kcal)	3420kJ (819kcal)	968kJ (232kcal)	3500kJ (839kcal)	911kJ (218kcal)	3300kJ (789kcal)	892kJ (214kcal)	3360kJ (805kcal)
Protein	10.5g	38g	10g	35.9g	8.9g	32.4g	9.6g	34.9g	8.9g	32.2g	6g	21.8g	5.6g	21.2g
Fat, total	14g	50.8g	13.6g	48.8g	13.4g	48.6g	14.2g	51.4g	15.5g	55.9g	14.2g	51.4g	14.6g	55.1g
saturated	5.3g	19.2g	4.8g	17.4g	4.8g	17.3g	5.4g	19.5g	5.8g	20.9g	5.6g	20.4g	4.8g	18.3g
Carbohydrate	14.9g	53.8g	13.9g	50g	14.7g	53.1g	14.8g	53.6g	14.1g	51.2g	16.4g	59.5g	14.7g	55.2g
sugar	2.8g	10.1g	1.6g	5.7g	2.7g	9.9g	1.8g	6.5g	1.4g	5.2g	1.5g	5.5g	1.5g	5.6g
Sodium	421mg	1525mg	441mg	1586mg	391mg	1417mg	308mg	1117mg	392mg	1419mg	368mg	1331mg	318mg	1198mg

SMALL NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	900kJ (215kcal)	2180kJ (521kcal)	864kJ (207kcal)	2080kJ (498kcal)	859kJ (206kcal)	2080kJ (497kcal)	891kJ (213kcal)	2160kJ (516kcal)	918kJ (220kcal)	2220kJ (532kcal)	861kJ (209kcal)	2080kJ (499kcal)	841kJ (201kcal)	2080kJ (497kcal)
Protein	10g	24.3g	9.5g	22.9g	8.5g	20.5g	9.2g	22.2g	8.5g	19.9g	5.4g	13g	5.3g	13g
Fat, total	13.6g	33g	13.2g	31.9g	13g	31.5g	13.8g	33.4g	15.1g	36.5g	13.9g	33.6g	14.1g	34.9g
saturated	4.5g	10.8g	4g	9.6g	3.9g	9.5g	4.6g	11g	5.4g	13.0g	5.2g	12.6g	4g	9.9g
Carbohydrate	12.9g	31.2g	12.1g	29.2g	12.7g	30.7g	12.8g	31g	12g	30.2g	14.8g	35.7g	13g	32.1g
sugar	2.9g	7g	1.6g	4g	2.8g	6.9g	1.9g	4.6g	1.4g	3.4g	1.6g	3.8g	1.6g	3.9g
Sodium	395mg	955mg	394mg	949mg	365mg	883mg	282mg	683mg	374mg	906mg	350mg	848mg	295mg	728mg

BIG NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	976kJ (234kcal)	4950kJ (1180kcal)	929kJ (222kcal)	4710kJ (1130kcal)	927kJ (222kcal)	4700kJ (1120kcal)	965kJ (231kcal)	4890kJ (1170kcal)	992kJ (237kcal)	5030kJ (1200kcal)	925kJ (221kcal)	4690kJ (1120kcal)
Protein	11.7g	59.5g	11.1g	56.1g	9.9g	50.9g	10.7g	54.3g	9.8g	49.9g	6.4g	32.5g
Fat, total	13.8g	70.2g	13.3g	67.5g	13.1g	66.6g	14g	71.2g	15.5g	78.8g	14g	71.2g
saturated	5.3g	27g	4.7g	24g	4.7g	23.8g	5.4g	27.6g	5.9g	29.8g	5.7g	29g
Carbohydrate	15.3g	77.8g	14.4g	72.8g	15.1g	76.6g	15.3g	77.4g	14.5g	73.4g	17.2g	87.2g
sugar	3g	15.2g	1.5g	7.6g	2.9g	14.8g	1.8g	9.2g	1.4g	7g	1.5g	7.4g
Sodium	436mg	2211mg	433mg	2195mg	401mg	2031mg	302mg	1531mg	401mg	2035mg	373mg	1889mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 12th January 2026

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ZAMBRERO NUTRITIONAL INFORMATION

TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	782kJ (187kcal)	3600kJ (862kcal)	756kJ (181kcal)	3480kJ (834kcal)	755kJ (181kcal)	3480kJ (832kcal)	775kJ (186kcal)	3570kJ (855kcal)	790kJ (189kcal)	3640kJ (872kcal)	753kJ (180kcal)	3470kJ (831kcal)	768kJ (184kcal)	3960kJ (949kcal)
Protein	8.9g	40.8g	8.5g	39.1g	7.8g	36.1g	8.3g	38.2g	7.8g	36g	5.9g	27.3g	5.2g	27g
Fat, total	8.1g	37.5g	7.8g	36.2g	7.7g	35.7g	8.2g	38g	9.1g	41.8g	8.2g	38g	8.4g	43.3g
saturated	4.5g	20.7g	4.2g	19.2g	4.1g	19.1g	4.5g	21g	4.9g	22.1g	4.7g	21.7g	4g	20.8g
Carbohydrate	19.4g	89.3g	18.8g	86.8g	19.2g	88.7g	19.3g	89.1g	18.9g	87.1g	20.4g	94g	21.5g	111g
sugar	2.8g	12.7g	1.9g	8.9g	2.7g	12.5g	2.1g	9.7g	1.9g	8.6g	1.9g	8.8g	1.7g	8.8g
Sodium	430mg	1985mg	429mg	1977mg	411mg	18395mg	357mg	1645mg	411mg	1897mg	396mg	1824mg	359mg	1853mg

SMALL TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	841kJ (201kcal)	2480kJ (594kcal)	822kJ (197kcal)	2430kJ (581kcal)	820kJ (196kcal)	2420kJ (579kcal)	836kJ (200kcal)	2470kJ (591kcal)	857kJ (205kcal)	2530kJ (605kcal)	828kJ (198kcal)	2440kJ (584kcal)	804kJ (192kcal)	2900kJ (693kcal)
Protein	9.5g	28.2g	9.3g	27.3g	8.7g	25.8g	9.1g	26.9g	8.7g	24.8g	6.9g	20.4g	6.2g	22.4g
Fat, total	9.6g	28.4g	9.4g	27.8g	9.3g	27.5g	9.7g	28.7g	10.4g	30.6g	9.8g	29g	10.1g	36.2g
saturated	5g	14.7g	4.7g	14g	4.7g	13.9g	5g	14.9g	6.0g	17.4g	5.9g	17.4g	4.4g	15.8g
Carbohydrate	18.7g	55.1g	18.3g	54g	18.6g	54.8g	18.6g	55g	18.3g	55.6g	20g	59.1g	18.7g	67.4g
sugar	2.9g	8.6g	2.3g	6.7g	2.9g	8.5g	2.4g	7.1g	2.2g	6.4g	2.2g	6.4g	2g	7.1g
Sodium	427mg	1259mg	429mg	1266mg	412mg	1214mg	369mg	1089mg	430mg	1268mg	417mg	1231mg	353mg	1271mg

BIG TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	755kJ (181kcal)	4840kJ (1160kcal)	717kJ (172kcal)	4600kJ (1100kcal)	716kJ (171kcal)	4590kJ (1100kcal)	746kJ (179kcal)	4780kJ (1140kcal)	767kJ (184kcal)	4920kJ (1180kcal)	714kJ (171kcal)	4580kJ (1100kcal)
Protein	9.7g	62g	9.1g	58.6g	8.2g	52.6g	8.9g	56.8g	8.2g	52.4g	5.5g	35g
Fat, total	7.3g	46.9g	6.9g	44.2g	6.7g	43.3g	7.5g	47.9g	8.7g	55.5g	7.5g	47.9g
saturated	3.8g	24.1g	3.3g	21.1g	3.3g	20.9g	3.9g	24.7g	4.2g	26.9g	4.1g	26.1g
Carbohydrate	18.8g	120g	18g	115g	18.6g	119g	18.7g	120g	18.1g	116g	20.2g	130g
sugar	2.9g	18.3g	1.7g	10.7g	2.8g	17.9g	1.9g	12.3g	1.6g	10.1g	1.6g	10.5g
Sodium	436mg	2798mg	434mg	2782mg	408mg	2618mg	330mg	2118mg	409mg	2622mg	386mg	2476mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 12th January 2026

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ZAMBRERO NUTRITIONAL INFORMATION

QUESADILLA (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	789kJ (189kcal)	2370kJ (566kcal)	749kJ (179kcal)	2250kJ (538kcal)	747kJ (179kcal)	2240kJ (536kcal)	779kJ (186kcal)	2340kJ (559kcal)	809kJ (194kcal)	2430kJ (581kcal)	752kJ (180kcal)	2260kJ (540kcal)	709kJ (170kcal)	2060kJ (492kcal)
Protein	11.5g	34.6g	11g	32.9g	10.0g	29.9g	10.7g	32.0g	9.6g	28.8g	6.7g	20.1g	7.2g	20.8g
Fat, total	8.9g	26.8g	8.5g	25.5g	8.3g	25.0g	9.1g	27.3g	10.5g	31.4g	9.2g	27.6g	8.2g	23.8g
saturated	4.6g	13.8g	4.1g	12.3g	4.1g	12.2g	4.7g	14.1g	5.8g	17.3g	5.6g	16.9g	3.9g	11.4g
Carbohydrate	15.1g	45.3g	14.3g	42.8g	14.9g	44.7g	15.0g	45.1g	14.9g	44.6g	17.2g	51.5g	16.3g	47.4g
sugar	3.7g	11.2g	2.5g	7.4g	3.7g	11.0g	2.7g	8.2g	2.3g	6.8g	2.3g	7g	2.5g	7.2g
Sodium	480mg	1439mg	477mg	1431mg	450mg	1349mg	366mg	1099mg	464mg	1393mg	440mg	1320mg	391mg	1133mg

SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	737kJ (176kcal)	3910kJ (937kcal)	715kJ (171kcal)	3790kJ (908kcal)	714kJ (171kcal)	3790kJ (907kcal)	732kJ (175kcal)	3890kJ (930kcal)	745kJ (178kcal)	3950kJ (946kcal)	713kJ (171kcal)	3780kJ (905kcal)	724kJ (173kcal)	4240kJ (1020kcal)
Protein	8.3g	44.3g	8.0g	42.6g	7.4g	39.6g	7.8g	41.7g	7.4g	39.5g	5.8g	30.8g	5.4g	31.4g
Fat, total	8.1g	43.0g	7.8g	41.7g	7.8g	41.2g	8.2g	43.5g	8.9g	47.3g	8.2g	43.5g	8.0g	47.1g
saturated	3.4g	18.3g	3.2g	16.8g	3.1g	16.7g	3.5g	18.6g	3.7g	19.7g	3.6g	19.3g	3.1g	18.0g
Carbohydrate	17.1g	90.8g	16.6g	88.3g	17.0g	90.2g	17.1g	90.6g	16.7g	88.6g	18g	95.5g	19.3g	113g
sugar	2.5g	13.2g	1.8g	9.4g	2.4g	13.0g	1.9g	10.2g	1.7g	9.1g	1.7g	9.3g	1.6g	9.4g
Sodium	406mg	2158mg	405mg	2150mg	389mg	2068mg	342mg	1818mg	390mg	2070mg	376mg	1997mg	355mg	2082mg

SMALL SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	768kJ (184kcal)	2880kJ (689kcal)	725kJ (173kcal)	2650kJ (633kcal)	724kJ (173kcal)	2640kJ (632kcal)	737kJ (176kcal)	2690kJ (644kcal)	747kJ (179kcal)	2730kJ (652kcal)	723kJ (173kcal)	2640kJ (632kcal)	719kJ (172kcal)	2950kJ (706kcal)
Protein	8.1g	30.4g	7.5g	27.5g	7.1g	26.0g	7.4g	27.0g	7.1g	25.9g	5.9g	21.6g	5.5g	22.7g
Fat, total	9.4g	35.3g	8.5g	31.1g	8.5g	30.9g	8.8g	32.0g	9.3g	33.9g	8.8g	32g	8.5g	34.9g
saturated	3.9g	14.7g	3.1g	11.4g	3.1g	11.4g	3.4g	12.3g	3.5g	12.9g	3.5g	12.7g	3.0g	12.2g
Carbohydrate	16.1g	60.2g	16.0g	58.4g	16.3g	59.3g	16.3g	59.5g	16.0g	58.5g	17g	62g	17.6g	72.1g
sugar	2.5g	9.4g	2.1g	7.5g	2.6g	9.3g	2.2g	7.9g	2.0g	7.4g	2g	7.5g	1.9g	7.8g
Sodium	394mg	1479mg	383mg	1398mg	372mg	1357mg	337mg	1232mg	372mg	1358mg	362mg	1321mg	344mg	1412mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 12th January 2026

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ZAMBRERO NUTRITIONAL INFORMATION

BIG SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	720kJ (172kcal)	5120kJ (1220kcal)	686kJ (164kcal)	4880kJ (1170kcal)	684kJ (164kcal)	4870kJ (1160kcal)	712kJ (170kcal)	5060kJ (1210kcal)	731kJ (175kcal)	5200kJ (1240kcal)	683kJ (163kcal)	4850kJ (1160kcal)
Protein	9.3g	66.4g	8.9g	63.0g	8.0g	57.0g	8.6g	61.2g	8.0g	56.8g	5.5g	39.4g
Fat, total	7.1g	50.6g	6.7g	48.0g	6.6g	47.0g	7.3g	51.6g	8.3g	59.2g	7.3g	51.6g
saturated	3.0g	21.3g	2.6g	18.3g	2.5g	18.1g	3.1g	21.9g	3.4g	24.1g	3.3g	23.3g
Carbohydrate	17.2g	122.0g	16.5g	117g	17.0g	121.0g	17.1g	122.0g	16.6g	118.0g	18.5g	132g
sugar	2.7g	18.9g	1.6g	11.3g	2.6g	18.5g	1.8g	12.9g	1.5g	10.7g	1.6g	11.1g
Sodium	426mg	3027mg	423mg	3011mg	400mg	2847mg	330mg	2347mg	401mg	2851mg	380mg	2705mg

SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	614kJ (147kcal)	2680kJ (640kcal)	586kJ (140kcal)	2560kJ (612kcal)	585kJ (140kcal)	2550kJ (610kcal)	607kJ (145kcal)	2650kJ (633kcal)	623kJ (149kcal)	2720kJ (650kcal)	584kJ (140kcal)	2540kJ (609kcal)	612kJ (146kcal)	3000kJ (719kcal)
Protein	8.4g	36.4g	8.0g	34.7g	7.3g	31.7g	7.8g	33.8g	7.3g	31.6g	5.3g	22.9g	4.8g	23.5g
Fat, total	7.8g	34.1g	7.5g	32.7g	7.4g	32.3g	7.9g	34.6g	8.8g	38.4g	7.9g	34.6g	7.8g	38.2g
saturated	3.2g	13.8g	2.8g	12.3g	2.8g	12.2g	3.2g	14.1g	3.5g	15.2g	3.4g	14.8g	2.8g	13.5g
Carbohydrate	10.4g	45.2g	9.8g	42.7g	10.2g	44.6g	10.3g	45.0g	9.9g	43.0g	11.4g	49.9g	13.7g	67.2g
sugar	2.4g	10.3g	1.5g	6.5g	2.3g	10.1g	1.7g	7.3g	1.4g	6.2g	1.5g	6.4g	1.3g	6.6g
Sodium	367mg	1599mg	365mg	1591mg	346mg	1509mg	289mg	1259mg	347mg	1511mg	330mg	1438mg	310mg	1584mg

SMALL SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	612kJ (146kcal)	1840kJ (441kcal)	592kJ (142kcal)	1780kJ (426kcal)	591kJ (141kcal)	1780kJ (426kcal)	607kJ (145kcal)	1830kJ (437kcal)	618kJ (148kcal)	1860kJ (445kcal)	590kJ (141kcal)	1780kJ (425kcal)	603kJ (144kcal)	2090kJ (499kcal)
Protein	7.6g	22.9g	7.3g	22.0g	6.8g	20.5g	7.2g	21.6g	6.8g	20.5g	5.4g	16.1g	5.0g	17.3g
Fat, total	8.6g	25.8g	8.3g	25.1g	8.3g	24.9g	8.6g	26.0g	9.3g	27.9g	8.6g	26.0g	8.4g	28.9g
saturated	3.0g	9.1g	2.8g	8.4g	2.8g	8.3g	3.1g	9.3g	3.3g	9.8g	3.2g	9.6g	2.6g	9.1g
Carbohydrate	9.3g	28.1g	8.9g	26.8g	9.2g	27.8g	9.3g	28.0g	9.0g	27.0g	10.1g	30.4g	11.7g	40.6g
sugar	2.3g	6.8g	1.6g	4.9g	2.2g	6.7g	1.8g	5.3g	1.6g	4.7g	1.6g	4.8g	1.5g	5.1g
Sodium	333mg	1002mg	332mg	998mg	318mg	957mg	276mg	802mg	318g	958mg	306mg	921mg	292mg	1012mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 12th January 2026

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ZAMBRERO NUTRITIONAL INFORMATION

BIG SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	630kJ (151kcal)	3880kJ (928kcal)	591kJ (141kcal)	3640kJ (871cal)	589kJ (141kcal)	3630kJ (868kcal)	620kJ (148kcal)	3820kJ (914kcal)	643kJ (154kcal)	3960kJ (947kcal)	587kJ (140kcal)	3620kJ (865kcal)
Protein	9.5g	58.6g	9.0g	55.2g	8.0g	49.2g	8.7g	53.4g	7.9g	49.0g	5.1g	31.6g
Fat, total	6.8g	41.7g	6.3g	39.0g	6.2g	38.1g	6.9g	42.7g	8.2g	50.3g	6.9g	42.7g
saturated	2.7g	16.9g	2.2g	13.9g	2.2g	13.7g	2.8g	17.5g	3.2g	19.7g	3.1g	18.6g
Carbohydrate	12.4g	76.6g	11.6g	71.6g	12.2g	75.4g	12.4g	76.2g	11.7g	72.2g	14.0g	86g
sugar	2.6g	16.1g	1.4g	8.5g	2.5g	15.7g	1.6g	10.1g	1.3g	7.9g	1.3g	8.3g
Sodium	401mg	2468mg	398mg	2452mg	371mg	2288mg	290mg	1788mg	372mg	2292mg	348mg	2146mg

SMALL CALI BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	800kJ (191kcal)	2520kJ (603kcal)	796kJ (190kcal)	2550kJ (609kcal)	795kJ (190kcal)	2540kJ (609kcal)	810kJ (194kcal)	2590kJ (620kcal)	806kJ (193kcal)	2540kJ (608kcal)	779kJ (186kcal)	2450kJ (587kcal)	810kJ (194kcal)	3120kJ (746kcal)
Protein	7.4g	23.6g	7.1g	22.7g	6.6g	21.2g	7.0g	22.3g	6.6g	20.1g	5.0g	15.8g	4.6g	17.7g
Fat, total	10.0g	31.9g	9.8g	31.3g	9.7g	31.0g	10.1g	32.2g	10.7g	32.1g	9.7g	30.4g	10.7g	41.3g
saturated	4.3g	13.7g	4.1g	13g	4.0g	12.9g	4.3g	13.9g	4.5g	13.4g	4.1g	13.0g	3.8g	14.8g
Carbohydrate	18.3g	58.6g	17.9g	57.4g	18.2g	58.3g	18.1g	58.5g	18.0g	57.5g	19.3g	60.7g	19.1g	73.6g
sugar	2.7g	8.8g	2.2g	6.9g	2.7g	8.7g	2.3g	7.3g	2.1g	6.7g	2.2g	6.8g	1.9g	7.2g
Sodium	428mg	1330mg	427mg	1366mg	414mg	1325mg	375mg	1200mg	409mg	1287mg	397mg	1251mg	393mg	1513mg

CALI BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	788kJ (189kcal)	3790kJ (907kcal)	763kJ (183kcal)	3670kJ (879cal)	762kJ (182kcal)	3670kJ (877kcal)	782kJ (187kcal)	3760kJ (900kcal)	797kJ (191kcal)	3830kJ (917kcal)	761kJ (182kcal)	3660kJ (876kcal)	809kJ (194kcal)	4340kJ (1040kcal)
Protein	7.7g	37.0g	7.3g	35.3g	6.7g	32.3g	7.2g	34.3g	6.7g	32.2g	4.9g	23.5g	4.3g	22.8g
Fat, total	8.8g	42.1g	8.5g	40.8g	8.4g	40.3g	8.9g	42.6g	9.6g	46.4g	8.9g	42.6g	9.5g	50.9g
saturated	3.6g	17.5g	3.3g	16.0g	3.3g	15.9g	3.7g	17.8g	3.9g	18.9g	3.8g	18.5g	3.3g	17.5g
Carbohydrate	19.4g	93.5g	18.9g	91.0g	19.3g	92.9g	19.4g	93.3g	19.0g	91.3g	20.4g	98.2g	22.4g	120.0g
sugar	2.7g	13.0g	1.9g	9.2g	2.7g	12.8g	2.1g	10.0g	1.8g	8.9g	1.9g	9.1g	1.7g	9.0g
Sodium	450mg	2164mg	448mg	2156mg	431mg	2074mg	379mg	1824mg	432mg	2076mg	416mg	2003mg	424mg	2275mg

BIG CALI BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	783kJ (187kcal)	5220kJ (1250kcal)	747kJ (179kcal)	4980kJ (1190cal)	746kJ (178kcal)	4970kJ (1190kcal)	775kJ (185kcal)	5160kJ (1230kcal)	795kJ (190kcal)	5300kJ (1270kcal)	744kJ (178kcal)	4950kJ (1190kcal)
Protein	8.7g	57.9g	8.2g	54.5g	7.3g	48.5g	7.9g	52.7g	7.3g	48.3g	4.6g	30.9g
Fat, total	8.2g	54.4g	7.8g	51.8g	7.6g	50.8g	8.3g	55.4g	9.5g	63.0g	8.3g	55.4g
saturated	3.1g	20.8g	2.7g	17.8g	2.6g	17.6g	3.2g	21.4g	3.5g	23.6g	3.4g	22.8g
Carbohydrate	19.5g	130.0g	18.7g	125.0g	19.3g	128.0g	19.4g	129.0g	18.8g	125.0g	20.9g	139.0g
sugar	2.8g	18.6g	1.7g	11.0g	2.7g	18.2g	1.9g	12.6g	1.6g	10.4g	1.6g	10.8g
Sodium	484mg	3220mg	481mg	3204mg	457mg	3040mg	381mg	2540mg	457mg	3044mg	435mg	2898mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 12th January 2026 **V6.10 12JAN26**

ZAMBRERO NUTRITIONAL INFORMATION

HARD TACO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per serve	per 100g	per taco
Energy	705kJ (169kcal)	937kJ (224kcal)	660kJ (158kcal)	851kJ (204kcal)	667kJ (160kcal)	887kJ (212kcal)	696kJ (167kcal)	926kJ (222kcal)	714kJ (171kcal)	921kJ (220kcal)	661kJ (158kcal)	853kJ (204kcal)	732kJ (175kcal)	864kJ (207kcal)
Protein	9.1g	12.1g	8.4g	10.9g	7.7g	10.2g	8.3g	11.1g	7.3g	9.4g	4.6g	5.9g	4.3g	5g
Fat, total	8.9g	11.9g	9.3g	11.9g	8.4g	11.2g	9.1g	12.1g	11.1g	14.3g	9.9g	12.8g	11.9g	14g
saturated	3.9g	5.2g	4.4g	5.7g	3.5g	4.6g	4g	5.4g	5.7g	7.4g	5.6g	7.2g	4.4g	5.2g
Carbohydrate	12.4g	16.5g	9.8g	12.6g	12.2g	16.3g	12.3g	16.4g	10.2g	13.1g	12.3g	15.9g	12.1g	14.2g
sugar	3.3g	4.4g	2.2g	2.8g	3.3g	4.3g	2.4g	3.2g	2g	2.6g	2.1g	2.7g	2.2g	2.6g
Sodium	298mg	396mg	304mg	393mg	271mg	360mg	196g	260mg	288mg	371mg	265mg	342mg	188mg	222mg

SOFT TACO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per serve	per 100g	per taco
Energy	681kJ (163kcal)	981kJ (235kcal)	648kJ (155kcal)	933kJ (223kcal)	647kJ (155kcal)	931kJ (223kcal)	673kJ (161kcal)	970kJ (232kcal)	696kJ (167kcal)	1000kJ (240kcal)	649kJ (155kcal)	934kJ (223kcal)	703kJ (168kcal)	907kJ (217kcal)
Protein	9.1g	13.1g	8.3g	12.4g	7.8g	11.2g	8.4g	12g	7.6g	10.9g	5.2g	7.4g	4.7g	6g
Fat, total	8g	11.5g	7.6g	11g	7.5g	10.8g	8.2g	11.7g	9.3g	13.3g	8.2g	11.8g	10.6g	13.7g
saturated	4.3g	6.2g	3.9g	5.6g	3.9g	5.6g	4.4g	6.3g	5.1g	7.3g	4.9g	7.1g	4.8g	6.2g
Carbohydrate	13.2g	19g	12.5g	18g	13g	18.7g	13.1g	18.9g	12.8g	18.5g	14.7g	21.2g	13g	16.7g
sugar	3.5g	5g	2.4g	3.5g	3.4g	5g	2.7g	3.8g	2.3g	3.3g	2.4g	3.4g	2.5g	3.2g
Sodium	374mg	538mg	372mg	535mg	349mg	502mg	279mg	402mg	357mg	514mg	336mg	484mg	283mg	365mg

DOS CAPAS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per serve	per 100g	per taco
Energy	803kJ (192kcal)	1292kJ (309kcal)	769kJ (184kcal)	1210kJ (289kcal)	771kJ (185kcal)	1242kJ (297kcal)	795kJ (190kcal)	1281kJ (306kcal)	813kJ (194kcal)	1280kJ (305kcal)	769kJ (184kcal)	1210kJ (289kcal)	835kJ (200kcal)	1219kJ (292kcal)
Protein	8.9g	14.3g	8.3g	13.1g	7.7g	12.4g	8.2g	13.3g	7.4g	11.6g	5.2g	8.1g	5g	7.3g
Fat, total	9g	14.4g	9.3g	14.5g	8.5g	13.7g	9.1g	14.6g	10.7g	16.9g	9.8g	15.3g	11.4g	16.6g
saturated	4g	6.5g	4.4g	6.9g	3.6g	5.8g	4.1g	6.6g	5.5g	8.6g	5.4g	8.5g	4.4g	6.5g
Carbohydrate	18.1g	29.2g	16.1g	25.3g	18g	29g	18.1g	29.1g	16.5g	25.8g	18.2g	28.6g	18.5g	26.9g
sugar	3.3g	5.2g	2.3g	3.6g	3.2g	5.2g	2.5g	4g	2.2g	3.4g	2.2g	3.5g	2.4g	3.4g
Sodium	335mg	539mg	341mg	535mg	312mg	503mg	250mg	403mg	327mg	514mg	309mg	485mg	250mg	365mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 12th January 2026

V6.10 12JAN26

ZAMBRERO NUTRITIONAL INFORMATION

KIDS QUESADILLA with Corn Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Cheese	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1390kJ (332kcal)	2470kJ (592kcal)	1360kJ (326kcal)	2420kJ (580kcal)	1360kJ (326kcal)	2420kJ (580kcal)	1380kJ (331kcal)	2460kJ (589kcal)	1410kJ (337kcal)	2510kJ (601kcal)	1370kJ (328kcal)	2440kJ (584kcal)	1600kJ (382kcal)	2200kJ (527kcal)
Protein	13.7g	24.4g	13.3g	23.7g	12.7g	22.5g	13.1g	23.4g	12.1g	21.5g	10.1g	18.0g	12.3g	16.9g
Fat, total	17.4g	31g	17.1g	30.5g	17g	30.3g	17.5g	31.2g	18.6g	33.1g	17.7g	31.6g	20.5g	28.3g
saturated	7g	12.4g	6.6g	11.8g	6.6g	11.8g	7g	12.5g	8.5g	15.1g	8.4g	14.9g	8.2g	11.3g
Carbohydrate	29.6g	52.8g	29.1g	51.8g	29.5g	52.5g	29.6g	52.7g	30.0g	53.4g	31.6g	56.2g	36.4g	50.2g
sugar	2.7g	4.8g	1.8g	3.2g	2.6g	4.7g	2g	3.6g	1.7g	2.8g	1.6g	2.9g	1.9g	2.7g
Sodium	503mg	896mg	502mg	893mg	483mg	860mg	427mg	760mg	507mg	903mg	491mg	874mg	487mg	672mg

KIDS QUESADILLA with Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Cheese	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1120kJ (267kcal)	2540kJ (609kcal)	1090kJ (262kcal)	2490kJ (597kcal)	1090kJ (262kcal)	2490kJ (597kcal)	1110kJ (266kcal)	2530kJ (606kcal)	1120kJ (269kcal)	2560kJ (612kcal)	1090kJ (261kcal)	2490kJ (596kcal)	1210kJ (289kcal)	2270kJ (544kcal)
Protein	10.0g	22.8g	9.7g	22.1g	9.2g	20.9g	9.5g	21.8g	9.2g	20.9g	7.6g	17.4g	8.2g	15.3g
Fat, total	12.4g	28.3g	12.2g	27.7g	12.1g	27.6g	12.5g	28.5g	13.2g	30.0g	12.5g	28.5g	13.6g	25.6g
saturated	6.3g	14.4g	6.0g	13.8g	6.0g	13.8g	6.4g	14.5g	6.6g	15.0g	6.5g	14.8g	7.1g	13.3g
Carbohydrate	28.3g	64.5g	27.9g	63.5g	28.2g	64.3g	28.4g	64.4g	27.9g	63.6g	29.1g	66.4g	33.0g	62.0g
sugar	1.8g	4.2g	1.2g	2.7g	1.8g	4.1g	1.3g	3.0g	1.1g	2.6g	1.2g	2.6g	1.1g	2.1g
Sodium	607mg	1386mg	606mg	1382mg	592mg	1349mg	548mg	1249mg	592mg	1350mg	579mg	1321mg	618mg	1161mg

***Includes food items only. Pop Top drink not included.**

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 12th January 2026 **V6.10 12JAN26**

ZAMBRERO NUTRITIONAL INFORMATION

KIDS NACHOS*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1150kJ (276kcal)	1270kJ (304kcal)	1110kJ (266kcal)	1220kJ (292kcal)	1110kJ (265kcal)	1220kJ (292kcal)	1140kJ (274kcal)	1260kJ (301kcal)	1170kJ (281kcal)	1290kJ (309kcal)	1110kJ (266kcal)	1220kJ (293kcal)	956kJ (229kcal)	1240kJ (297kcal)
Protein	11.9g	13.1g	11.3g	12.5g	10.2g	11.3g	11.0g	12.1g	10.2g	11.0g	6.8g	7.5g	6.8g	8.9g
Fat, total	14.2g	15.6g	13.7g	15.1g	13.6g	14.9g	14.4g	15.8g	15.8g	17.4g	14.5g	15.9g	11.9g	15.4g
saturated	3.6g	3.9g	3.0g	3.3g	3.0g	3.3g	3.7g	4.0g	4.6g	5.0g	4.4g	4.9g	2.4g	3.1g
Carbohydrate	25.0g	27.5g	24.1g	26.5g	24.8g	27.2g	24.9g	27.4g	24.5g	27.0g	27.0g	29.7g	23.6g	30.6g
sugar	3.2g	3.5g	1.8g	2.0g	3.1g	3.4g	2.1g	2.3g	1.5g	1.7g	1.7g	1.9g	1.7g	2.2g
Sodium	378mg	416mg	375mg	413mg	346mg	380mg	255mg	280mg	356mg	391mg	329mg	362mg	278mg	362mg

KIDS NACHOS with Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1060kJ (253kcal)	2120kJ (506kcal)	1030kJ (247kcal)	2070kJ (495kcal)	1030kJ (247kcal)	2070kJ (494kcal)	1050kJ (252kcal)	2100kJ (504kcal)	1070kJ (255kcal)	2130kJ (510kcal)	1030kJ (247kcal)	2060kJ (494kcal)	949kJ (227kcal)	2090kJ (500kcal)
Protein	7.7g	15.3g	7.3g	14.6g	6.7g	13.4g	7.1g	14.3g	6.7g	13.4g	5.0g	9.9g	5.0g	11.1g
Fat, total	11.0g	22.0g	10.7g	21.5g	10.6g	21.3g	11.1g	22.2g	11.9g	23.7g	11.1g	22.2g	9.9g	21.8g
saturated	2.6g	5.2g	2.3g	4.6g	2.3g	4.5g	2.6g	5.3g	2.9g	5.7g	2.8g	5.6g	2.0g	4.3g
Carbohydrate	30.6g	61.2g	30.1g	60.2g	30.5g	60.9g	30.5g	61.1g	30.1g	60.3g	31.5g	63.0g	29.2g	64.3g
sugar	1.9g	3.8g	1.1g	2.3g	1.8g	3.7g	1.3g	2.6g	1.1g	2.1g	1.1g	2.2g	1.1g	2.5g
Sodium	492mg	985mg	491mg	981mg	474mg	949mg	424mg	849mg	475mg	949mg	460mg	920mg	423mg	930mg

KIDS BURRITO with Corn Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1130kJ (271kcal)	2650kJ (633kcal)	1110kJ (266kcal)	2610kJ (624kcal)	1110kJ (265kcal)	2600kJ (621kcal)	1130kJ (269kcal)	2630kJ (631kcal)	1140kJ (274kcal)	2680kJ (641kcal)	1110kJ (287kcal)	2610kJ (624kcal)	1030kJ (247kcal)	2620kJ (627kcal)
Protein	8.8g	20.7g	8.6g	20.1g	8.0g	18.8g	8.4g	19.7g	7.9g	18.6g	6.5g	15.1g	6.5g	16.5g
Fat, total	10.3g	24.1g	10.1g	23.6g	10.0g	23.4g	10.4g	24.3g	11.1g	26.0g	10.4g	24.5g	9.4g	23.9g
saturated	3.3g	7.7g	3.0g	7.1g	3.0g	7.1g	3.3g	7.8g	3.8g	8.8g	3.7g	8.7g	2.7g	6.9g
Carbohydrate	34.9g	81.7g	34.6g	81.0g	34.8g	81.5g	34.9g	81.6g	34.8g	81.5g	36.0g	84.3g	33.4g	84.9g
sugar	2.5g	5.8g	1.8g	4.3g	2.4g	5.7g	2.0g	4.6g	1.8g	4.1g	1.8g	4.2g	1.8g	4.5g
Sodium	442mg	1034mg	449mg	1051mg	427mg	998mg	384mg	898mg	440mg	1030mg	428mg	1001mg	386mg	980mg

*Includes food items only. Pop Top drink not included.

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 12th January 2026 **V6.10 12JAN26**

ZAMBRERO NUTRITIONAL INFORMATION

KIDS BURRITO with Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	954kJ (228kcal)	2710kJ (649kcal)	937kJ (224kcal)	2660kJ (637kcal)	936kJ (224kcal)	2660kJ (637kcal)	950kJ (227kcal)	2700kJ (646kcal)	960kJ (230kcal)	2730kJ (652kcal)	936kJ (224kcal)	2660kJ (636kcal)	883kJ (211kcal)	2680kJ (642kcal)
Protein	7.0g	19.9g	6.8g	19.3g	6.4g	18.1g	6.7g	18.9g	6.3g	18.0g	5.1g	14.5g	5.2g	15.7g
Fat, total	7.4g	21.2g	7.3g	20.6g	7.2g	20.4g	7.5g	21.4g	8.1g	22.9g	7.5g	21.4g	6.9g	20.9g
saturated	2.9g	8.1g	2.7g	7.5g	2.6g	7.5g	2.9g	8.3g	3.1g	8.7g	3.0g	8.5g	2.4g	7.3g
Carbohydrate	32.6g	92.6g	32.2g	91.6g	32.5g	92.4g	32.6g	92.5g	32.3g	91.7g	33.3g	94.5g	31.5g	95.8g
sugar	1.9g	5.5g	1.4g	4.0g	1.9g	5.4g	1.5g	4.3g	1.4g	3.8g	1.4g	3.9g	1.4g	4.2g
Sodium	532mg	1512mg	531mg	1509mg	520mg	1476mg	484mg	1376mg	520mg	1477mg	510mg	1448mg	480mg	1458mg

KIDS BOWL with Corn Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	954kJ (228kcal)	2710kJ (649kcal)	937kJ (224kcal)	2660kJ (637kcal)	936kJ (224kcal)	2660kJ (637kcal)	950kJ (227kcal)	2700kJ (646kcal)	960kJ (230kcal)	2730kJ (652kcal)	1030kJ (245kcal)	1740kJ (417kcal)	883kJ (211kcal)	2680kJ (642kcal)
Protein	7.0g	19.9g	6.8g	19.3g	6.4g	18.1g	6.7g	18.9g	6.3g	18.0g	5.7g	9.7g	5.2g	15.7g
Fat, total	7.4g	21.2g	7.3g	20.6g	7.2g	20.4g	7.5g	21.4g	8.1g	22.9g	10.8g	18.4g	6.9g	20.9g
saturated	2.9g	8.1g	2.7g	7.5g	2.6g	7.5g	2.9g	8.3g	3.1g	8.7g	3.3g	5.6g	2.4g	7.3g
Carbohydrate	32.6g	92.6g	32.2g	91.6g	32.5g	92.4g	32.6g	92.5g	32.3g	91.7g	31.0g	52.7g	31.5g	95.8g
sugar	1.9g	5.5g	1.4g	4.0g	1.9g	5.4g	1.5g	4.3g	1.4g	3.8g	0.9g	1.6g	1.4g	4.2g
Sodium	532mg	1512mg	531mg	1509mg	520mg	1476mg	484mg	1376mg	520mg	1477mg	353mg	601mg	480mg	1458mg

KIDS BOWL with Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	954kJ (228kcal)	2710kJ (649kcal)	937kJ (224kcal)	2660kJ (637kcal)	936kJ (224kcal)	2660kJ (637kcal)	950kJ (227kcal)	2700kJ (646kcal)	960kJ (230kcal)	2730kJ (652kcal)	815kJ (195kcal)	1790kJ (429kcal)	883kJ (211kcal)	2680kJ (642kcal)
Protein	7.0g	19.9g	6.8g	19.3g	6.4g	18.1g	6.7g	18.9g	6.3g	18.0g	4.1g	9.1g	5.2g	15.7g
Fat, total	7.4g	21.2g	7.3g	20.6g	7.2g	20.4g	7.5g	21.4g	8.1g	22.9g	7.0g	15.3g	6.9g	20.9g
saturated	2.9g	8.1g	2.7g	7.5g	2.6g	7.5g	2.9g	8.3g	3.1g	8.7g	2.5g	5.5g	2.4g	7.3g
Carbohydrate	32.6g	92.6g	32.2g	91.6g	32.5g	92.4g	32.6g	92.5g	32.3g	91.7g	28.6g	63.0g	31.5g	95.8g
sugar	1.9g	5.5g	1.4g	4.0g	1.9g	5.4g	1.5g	4.3g	1.4g	3.8g	0.5g	1.3g	1.4g	4.2g
Sodium	532mg	1512mg	531mg	1509mg	520mg	1476mg	484mg	1376mg	520mg	1477mg	476mg	1048mg	480mg	1458mg

*Includes food items only. Pop Top drink not included.

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 12th January 2026

V6.10 12JAN26

ZAMBRERO NUTRITIONAL INFORMATION

SAUCES & GUACAMOLE

	Basilo				Chipotle				Garlic			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac
Energy	2130kJ (510kcal)	213kJ (51kcal)	426kJ (102kcal)	1065kJ (255kcal)	2060kJ (491kcal)	206kJ (49kcal)	412kJ (98kcal)	1030kJ (246kcal)	1850kJ (443kcal)	185kJ (44.3kcal)	370kJ (89kcal)	925kJ (222kcal)
Protein	1.7g	0.17g	0.34g	0.9g	0.9g	0.1g	0.2g	0.5g	1.2g	0.12g	0.24g	0.6g
Fat, total	54g	5.4g	10.8g	27g	52.5g	5.3g	10.5g	26.3g	46.3g	4.6g	9.3g	23g
saturated	8.2g	0.8g	1.6g	4.1g	8.1g	0.81g	1.6g	4.1g	7.3g	0.7g	1.5g	3.7g
Carbohydrate	4.4g	0.5g	0.9g	2.25g	4.7g	0.47g	0.9g	2.4g	4.6g	0.5g	0.9g	2.3g
sugar	2.2g	0.2g	0.44g	1.1g	1.5g	0.15g	0.3g	0.8g	1.1g	0.1g	0.2g	0.6g
Sodium	850mg	85mg	170mg	425mg	846mg	85mg	169mg	423mg	679mg	67.9mg	136mg	340mg

	Red Chilli				Secret BBQ				Trezigo			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac
Energy	590kJ (141kcal)	59kJ (14kcal)	118kJ (28kcal)	296kJ (71kcal)	643kJ (151kcal)	64kJ (15.1kcal)	129kJ (30.3kcal)	322kJ (76kcal)	488kJ (117kcal)	49kJ (11.7kcal)	98kJ (23.4kcal)	244kJ (59kcal)
Protein	1.1g	0.1g	0.2g	0.6g	0.5g	0.05g	0.1g	0.25g	0.5g	0.05g	0.1g	0.3g
Fat, total	1.7g	0.2g	0.3g	0.9g	3.4g	0.34g	0.7g	1.7g	9.3g	0.9g	1.9g	4.7g
saturated	0.5g	0.05g	0.1g	0.3g	0.5g	0.05g	0.1g	0.25g	2.2g	0.2g	0.4g	1.1g
Carbohydrate	29.1g	2.9g	5.8g	14.6g	29.3g	2.9g	5.9g	14.7g	7.6g	0.8g	1.5g	3.8g
sugar	25.2g	2.5g	5g	12.6g	20.7g	2.1g	4.1g	10.4g	6.1g	0.6g	1.2g	2.9g
Sodium	680mg	68mg	136mg	340mg	360mg	36mg	72mg	180mg	829mg	83mg	166mg	414mg

	Verde			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac
Energy	716kJ (171kcal)	72kJ (17.1kcal)	143kJ (34.2kcal)	358kJ (86kcal)
Protein	0.5g	0.05g	0.1g	0.25g
Fat, total	14.7g	1.5g	2.9g	7.4g
saturated	2.3g	0.2g	0.46g	1.2g
Carbohydrate	9.1g	0.9g	1.8g	4.6g
sugar	6.5g	0.7g	1.3g	3.3g
Sodium	624mg	62mg	125mg	312mg

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Nutrition data correct as of 12th January 2026

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ZAMBRERO NUTRITIONAL INFORMATION

CORN CHIPS, CHIPS & GUACAMOLE

	Guacamole			Corn Chips & Zam Spice		Corn Chips & Guacamole		Chips (hot) with Seasoning			
								Regular		BIG	
	per 100g	per serve on single taco	per serve on all other products	per 100g	per serve	per 100g	per serve	per 100g	Per serve	per 100g	Per serve
Energy	784kJ (188kcal)	196kJ (47kcal)	353kJ (84kcal)	1950kJ (467kcal)	1400kJ (336kcal)	1510kJ (362kcal)	1740kJ (416kcal)	934kJ (224kcal)	1120kJ (268kcal)	934kJ (224kcal)	1490kJ (358kcal)
Protein	1.7g	0.4g	0.8g	7.5g	5.4g	5.2g	6g	2.7g	3.2g	2.7g	4.3g
Fat, total	19.2g	4.8g	8.7g	23g	16.6g	21.8g	25.1g	7g	8.4g	7g	11.2g
saturated	4.3g	1.1g	1.9g	2.1g	1.5g	3g	3.4g	0.8g	0.96g	0.8g	1.3g
Carbohydrate	1.2g	0.3g	0.5g	57.1g	41.1g	35.6g	40.9g	37g	44.4g	37g	59.2g
sugar	1.1g	0.3g	0.5g	2g	1.4g	1.4g	1.6g	0.4g	0.48g	0.4g	0.64g
Sodium	201mg	50mg	91mg	495mg	357mg	248mg	285mg	620mg	744mg	620mg	992mg

GLUTEN FREE HEMP TORTILLA

	per 100g	per tortilla (105g)
Energy	720kJ (172kcal)	756kJ (180kcal)
Protein	6.7g	7.0g
Fat, total	6.5g	6.8g
saturated	3.5g	3.7g
Carbohydrate	29.2g	30.7g
sugar	4.2g	4.4g
Sodium	550mg	578mg

VEGAN RANGE

	VEGAN CHEESE			VEGAN SOUR CREAM		
	per 100g	per serve on single taco	per serve on all other products	per 100g	per serve on single taco	per serve on all other products
Energy	1130kJ (271kcal)	113kJ (27kcal)	226kJ (54kcal)	792kJ (192kcal)	79kJ (19kcal)	158kJ (38kcal)
Protein	0g	0g	0g	0g	0g	0g
Fat, total	21g	2.1g	4.2g	18g	1.8g	3.6g
saturated	19g	1.9g	3.8g	16g	1.6g	3.2g
Carbohydrate	22g	2.2g	4.4g	7g	0.7g	1.4g
sugar	0g	0g	0g	0.2g	0.02g	0.04g
Sodium	884mg	88mg	177mg	400mg	40mg	80mg

	Swap White Rice for Black Rice				Swap Pinto Beans for Black Beans		
	Per serve on small builds	Per serve on regular builds	Per serve on BIG and vegetarian builds	Per 100g	Per serve on standard builds	Per serve on vegetarian builds	Per 100g
Energy (kJ)	-17.0	-34.0	-68.0	-42.5	-41.0	-81.9	-165.0
Energy (kcal)	-4.0	-8.0	-16.0	-10.0	-32.3	-19.6	-107.6
Protein (g)	+0.45	+0.9	+1.8	+1.1	-0.1	-0.2	-0.8
Fat, total (g)	-0.9	-1.8	-3.6	-2.2	-1.1	-2.3	-3.8
– Saturated (g)	-0.2	-0.4	-0.8	-0.5	-0.1	-0.2	-0.3
Carbohydrate (g)	+0.2	+0.4	+0.8	+0.5	+0.1	+0.2	+0.5
– Sugars (g)	+0.1	+0.17	+0.3	+0.2	+0.1	+0.2	+0.2
Sodium (mg)	+28	+56	+112	+70	-24.0	-48.0	-99.0

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 12th January 2026

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